






SEPTEMBER 2015



Schedule of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Water Fitness CGBD WAC	2 Water Fitness CGBD WAC	3 Water Fitness CGBD WAC	4 Water Fitness CGBD WAC	5 Water Fitness WAC
6	7 Recreation Center Closed 	8 Water Fitness Swim Lessons CGBD WAC	9 Water Fitness Swim Lessons CGBD WAC	10 Water Fitness Swim Lessons CGBD WAC	11  Water Fitness CGBD WAC	12 Water Fitness WAC
13	14 Water Fitness Swim Lessons St. Michaels Rec Racers CGBD WAC	15 Water Fitness Swim Lessons CGBD WAC	16 Water Fitness Swim Lessons Rec Racers CGBD WAC	17 Water Fitness Swim Lessons Rec Racers CGBD WAC	18 Water Fitness CGBD WAC	19 Water Fitness WAC
20	21 Water Fitness St. Michaels Swim Lessons Rec Racers CGBD WAC	22 Water Fitness Swim Lessons CGBD WAC	23 Water Fitness Swim Lessons Rec Racers CGBD WAC	24 Water Fitness Swim Lessons Rec Racers CGBD WAC	25 Water Fitness Swim Lessons CGBD WAC	26 Water Fitness Swim Lessons WAC
27	28 Water Fitness St. Michaels Swim Lessons Rec Racers CGBD WAC	29 Water Fitness Swim Lessons CGBD WAC	30 Water Fitness Swim Lessons Rec Racers CGBD WAC			

Coming in September!!

Swim the Mississippi!

(Ask our Lifeguards or the Aquatics Coordinator for details!)



For more information, please
call the Aquatics Coordinator at
757-259-4185.

Swim Lessons

Daytime Lessons

T/Th: 10:30 a.m.-12:15 p.m.
& 1-1:45 p.m.

Fri: 10 a.m.-12:15 p.m.
& 1-1:45 p.m.

Evening Lessons

Mon/Wed: 4:30-7:15 p.m.

Tue/Th: 4:30-7:15 p.m.

Saturday Lessons

9:30 a.m.- 1:15 p.m.

Rec Racers

M/W/Th: 4:30-7:30 p.m.

St. Michael's Day

Support

Mon: 1-2 p.m.

Water Fitness

Mon/Wed:

8 a.m. -1 p.m./
5:30-7:30 p.m.

Tues/Thurs:

7:10 a.m.-1 p.m./
5:30-7:30 p.m.

Fri:

8 a.m. -noon

Sat:

10 -11 a.m.

Williamsburg Aquatic Club

WAC

Mon-Thurs: 3-4:30 p.m.

& 7:30-8:45 p.m.

Fri: 3-7:45 p.m.

Sat: 8:45 a.m.-12:30 p.m.

COAST GUARD (CGBD)

Mon-Th: 3-4:30 p.m.

Fri: 3:15-5:30 p.m.